

2019 GOVERNOR'S CUP



GET IN ON THE FUN, FROM ANYWHERE!

Delaware's Division of Public Health (DPH), in partnership with the Statewide Benefits Office (SBO) and DelaWELL, is presenting this **FREE event** exclusively for State of Delaware employees, pensioners and faculty/staff of all public school districts and charter schools.

Last year's off-site participation option was such a hit that we've brought it back. So even if you can't make the race, you can still get out and move! Register to be there in spirit, and complete your own 5K from wherever you are.

Tuesday, October 15, 2019

Participate in the 5K Run/Walk or 1-mile noncompetitive walk at the Governor's Residence at Woodburn

Limited to 600 participants (first come, first served)
151 Kings Highway, Dover, DE 19901
12:00p.m. Race Start

Participate off-site

No limit on number of participants
Walk, jog or run 6,400 steps - roughly the equivalent of a 5K - throughout the day on October 15

Find more information and register today at GovernorsCup5K.com.

Have questions or need a reasonable accommodation?

Email DPH at govcup5k@healthydelaware.org.

Register today and be a part of the tradition and celebration!

FELLOWSHIP - PHYSICAL ACTIVITY - AWARDS - INDIVIDUAL / TEAM OPTIONS



DELAWARE HEALTH AND SOCIAL SERVICES

Division of Public Health

Health Promotion and Disease Prevention

